

The Meadowbrook Woods Sporting Times **31 July 2010**

Times to Get Back to the Future - Part II of II...Biff Returns!

Marty gazed out the window towards the railroad tracks as he and Doc Brown enjoyed a burger, fries and shake at a local eatery. Heading into Divisionals Saturday, Marty felt relaxed and had very much enjoyed his summer in the little town of Manassas.

On the other hand, Doctor Emmett Brown's face wore an expression of agitated concern as he reviewed the psych sheet. People had begun to ask questions about Marty's home address. "I think they're on to us, Mary! You weren't supposed to become this fast in just eight weeks of practice. I blame those coaches – they're *too good!* I'm urging you to slow down and stop interfacing with the locals. The space-time continuum is very much in danger, I tell you!"

Eighteen-year-old Marty was having the time of his life and, like many teenagers, didn't seem overly concerned about quantum physics and the space-time continuum at the moment.

"Relax, Doc. The Makos need me for Divisionals. We've got a shot at winning this thing. Slow down...enjoy the moment...take a minute and walk with me down memory lane. Remember the first time we met Coach Eric. I was going down a huge water slide and you were tuning up the DeLorean..."



Marty and Doc Brown first met Coach Eric way back on July 1999 (below left) where he got his start with Taylor Perry and Case Van Wingerden at one of the Makos' very first meets. By 2003, he had become one of the fastest swimmers in the county (shown above on July 19 at Ben Lomond while reviewing stroke technique with some 8U swimmers). Shown below at home vs. Stonewall Park on July 24, Eric joined the Makos' staff this summer as an assistant coach and has been working hard to train a new cast of 8U's.



“Wake up, Marty! Remember, tonight is the *Enchantment under the Sea* dance back in Hill Valley - July 31, 1985 - and we still need 0.015-



jigawatts of power to get home. If we don't make it back in time, your children's existence may be in danger!”

“But Doc. I don't have any children.”

“You will, Marty, and they will one day swim in the PWSL. Trust me, and there's more. Biff has returned and is swimming on the Piedmont Swim team!”

Just then, the dreaded Mr. Strickland entered the restaurant. Throughout the 1980's, he was the



overbearingly stern principal of Hill Valley High School but had since retired to Manassas. “Hey kid. Are you a McFly? I knew

some 'McFlies' back in Hill Valley and some here as well. I noticed your little relay team is on the roster for the Divisionals Tri-Meet. Why even bother, McFly? You don't have a chance; you're too much like your grandfather - George. No McFly ever amounted to anything in the history of Manassas!”

“Yeah, well, history is gonna change.”

Strickland gathered his to-go order and left in a huff.

Marty composed himself and set about the task at hand. “Doc. Let me see that psych sheet.”

Indeed, it was true. Marty McFly had topped the leader board this summer, but Biff was closing in fast. What's more, Biff had assembled a speedy relay team that was set to challenge the Makos.

Event 18 Boys 15-18 50m Freestyle

Name	Age	Team	Finals Time
1 McFly, Martin	18	MBW	27.69
2 Haupt, Connor	16	PDT	27.71
3 Heckman, Trevor	16	MBW	28.03
4 Green, Francis	16	OBB	28.16
5 Feshari, Joshua	15	MBW	28.22
6 Koob, Eric	17	MBW	28.40
7 Jerothe, Jonathan	17	OBB	28.13
8 Heil, Phillip	17	MBW	29.40
9 Tannen, Biff	18	PDT	29.43
10 Wohlrab, Roman	15	OBB	29.58
11 Gambarani, Sean	16	MBW	29.75
12 Karlen, Mark	17	OBB	30.25
13 Whitticar, Maxwell	18	PDT	30.50
14 Keefer, Kyle	18	OBB	30.53
15 Reed, Aaron	16	OBB	32.26
16 Grant, Evan	15	OBB	32.32
17 Gehr, Dylan	15	MBW	35.13
18 Kerner, Christopher	15	MBW	35.73
19 O'Neal, R.J.	16	MBW	36.77
20 Borja, Joshua	17	OBB	38.40
21 Hill, Aaron	15	PDT	40.08



Led by Biff Tannen (far left), the Piedmont 18U relay team is formidable (note the high tech

3D goggles worn by swimmer shown next to Biff).

Can the MBW 18U boys hold off Biff and his colleagues this Saturday? Win or lose, the summer of 2010 will long be remembered in which everyone shared some interesting times together.

Good luck, gentlemen!

Lightning Strikes Twice for Healey! It was only a Matter of Time

Occasionally, area fans are treated to one of those “Shot Heard ‘Round the World Moments” in which a club record is lowered not just incrementally but is squashed in jaw-dropping fashion. Early in the season, locals knew that Matthew Healey was a “good” swimmer with lots of potential, but was he capable of producing one of those “Aha” moments? Could he be *that* good in just eight weeks? They could only speculate what the future might hold.

Heading into Divisionals, Matthew has given us not one – but count ‘em – two “fast forward” swims thus far. On June 26 at Bridlewood, he lowered a five-year standing club record in the 50m Butterfly by nearly a second (35.05s). Then, last week at home vs. Veterans Park, he smashed the 50m Backstroke record by 8/10 second (36.20s). The previous mark was set back on July 12, 2008 (37.03s) by Kenny Parker who some recall as nearly unbeatable that summer in the backstroke event.



Matthew Healey ‘pulled off’ an incredible swim at the Veterans Park meet and may be peaking at just the right time for Divisionals. Healey says he loves being a part of the MBW swim team and has enjoyed working with the coaches this summer. A rising 7th grader at nearby Benton Middle School, Matthew also enjoys baseball, basketball and football in addition to swimming.

Two Years Later...Rouffa Still Pushing the Envelope

With temperatures soaring into the triple digit range last Saturday, fans weren’t expecting any “high-end” efforts from local swimmers when the Veterans Park Marlins came to call. “Just swim a good race and let’s go sit in the air conditioning.” However, this wasn’t part of the plan for fourteen-year-old Sean Rouffa. Two years ago, he set a goal to become the best breaststroker in 12U history for the Makos. He achieved that goal on July 19, 2008 at home vs. Westridge (40.71s).

Rouffa may have thought to himself on that day - “What if I could break the 14U record exactly two years from now?” Yep, you guessed it. Almost exactly 24-months later, he lowered the 14U 50m Breaststroke record to 36.65s. Like Healey, the thing that locals like about Rouffa is his steady demeanor and goal-oriented approach that uplifts not only the Makos but also the entire community. *Keep going, Sean!*



Shown here enjoying a lighter moment during warm-ups with Sean Gambarani (right) and Michael Weiser (front), Healey (left) and Rouffa (background) were all business when the buzzer sounded vs. Veterans Park. Gambarani, the inspirational leader of the Makos and a rising senior at Forest Park High School, has done a fine job at corralling and inspiring younger swimmers this summer. Both Healey and Rouffa were recently presented with the High Point Swimmer Award in their respective age groups at the Makos’ end of season pool party.

Makos Trivia Quiz



Question #1: This fearsome foursome captured the hearts of local fans during the early days of the MBW swim program (shown here back in July 2000). Three would go on to be part of the record setting 18U 200m Freestyle (1:50.15) and Medley (2:09.42) relay teams from 2009. Three were on hand last Saturday for the Veterans Park meet and three are current college students. Can you name them?



At home vs. Veterans Park July 17, 2010



At Ben Lomond on July 19, 2000?

Question #2: During their studies of Algebra this past year, eighth graders at nearby Louise A. Benton Middle School learned about the so called “axis of symmetry.” By definition, an image or graph is symmetric when it can be folded over the line of symmetry onto itself. While these two side-by-side, toe-curling photos are *geometrically* symmetric, another variable has been added to the mix - time. Indeed, “time” is important to Marty and Doc Brown who are trying to pass through it and to swimmers who are trying to drop it. These two 35mm gems were taken several years – almost to the day – apart. Can you name that axisymmetric, time traveling swimmer and the year in which the photo at Ben Lomond was taken?



Question #3: Shown here at the Kingsbrooke meet back on July 2, 2005, this local favorite now swims for the 14U Makos and will be a high school freshman this September. Can you name him?

Answers to Makos Trivia Quiz

- 1) Eric Sargent, Taylor Perry, Andrew Gambarani, and Sean Gambarani.
- 2) Claire Loper, 2003
- 3) Kyle Weinberg

Divisionals Checklist

With all the time traveling and general hoopla associated with Divisionals Saturday, it can be easy to walk out the door without something. Back by popular demand, here now is our annual Divisionals Checklist that is sure to keep everyone on track for this Saturday at Piedmont:

- Sunscreen
- Sean Gambarani – Gas up the DeLorean. Help 18U's to a victory. Have CJ Brenner,

Brock Cudahy and David Bennett wash and wax.

- Towels
- Kerner Family – grab the flux capacitor on your way out the door (the one with the Y-configuration).
- Water
- Willever Family – Run by the grocery and pick up a box of dog biscuits for Einstein.
- Lawn chairs
- Meltzer Family – pick up decorations and order cake for *Under the Enchanted Sea* dance (1950's motif please).
- Goggles
- Tolson siblings – Bring Marty's inflatable, sleeveless jacket.
- Flip-flops
- Smith brothers – Bring Marty's skate board (he may need it to escape from Biff). Jason, smash the 20.90s barrier this week in the 25m Freestyle.
- Coloring book.
- Courtney Cook, Madison Barns, Gigi Maniaci and Morgan McKnight – Wave farewell to Marty & Doc Brown and say hello to another excellent Freestyle relay.

Makos Say Farewell to the Graydon Family

What a terrific summer it has been for the Graydon siblings. Sophie (6) and Liam (8) did a great job for the 8U's while Owen (age 3) participated in the Mini-Makos program. At the Veterans Park meet, Liam placed 5th in the 8U Freestyle while Sophie was 1st amongst the 6-year olds. While parents Will and Julia will soon move the family back to Canada, their memories of this summer will likely last for many years. Locals are hoping that Sophie and Liam can come up with one more special effort this week at Divisionals. Good luck gang.



Faces in the Crowd



At the Veterans Park meet, MBW got a big hand from 14U swimmer Devin Kaucher who placed 2nd in the 100m IM & 50m Breaststroke events and 4th in the 50m Backstroke. She also teamed up with Aubrey Naujoks, Lauren Sargent and Rebecca Baumstark to win the 200m Freestyle Relay. The Makos' relays squads swept the first 3-finishes in that relay event and she – along with Elizabeth Kerner (shown below) – were key components. Great job, girls!



Special thanks goes out to John Lund who was – fittingly – back at the starter's position last Saturday. For the past twelve seasons, John – with the help of his wife Nancy - has been a steady presence for the Makos.



The Makos took a bite out of the visiting Marlins last Saturday (2974-2008) and Daniel Smith has become one of the “go to” guys for the 12U group as they make their way down the home stretch. He placed 3rd in the 100m IM, 4th in the 50m Freestyle, and 6th in the 50m Butterfly – all of which were good for team points that helped push MBW past VST.



Kelly Sikora and her 10U colleagues have been a big part of the successful Makos' 2010 team who rung up their second victory in a row last Saturday vs. Veterans Park. In total, “Girl Power” amounted to a total of 1476 team points for the winning Makos.



The trio of Lindsay & Mary Kate Sterling and Rachel Lund are three of the best ever to come through the MBW program. Versus Veterans Park, they teamed up with Alycia Rouffa to win the 18U 200m IM and Freestyle relays. Swimming before an emotionally charged crowd in her final home meet, Lund (below) fittingly won the 50m Freestyle (29.59s), 100m IM (1:17.50) and Butterfly (34.32s) as the surging Makos rolled past the Marlins.



RJ O'Neal takes to the air in an 18U event vs. Veterans Park. He turned in a dazzling performance in the 50m Breaststroke (41.59s) – nearly ½-sec lower than his seed time - and finished second. O'Neal was a swimmer-coach for the Mini-Makos this summer.



The Makos welcomed longtime team photographer Greg Heck back to poolside last Saturday. Greg snapped hundreds of “frame worthy” action shots and all of his photos can be found at this address: www.heckphotos.smugmug.com (extra credit if you can name these two backstrokers)

Thanks also to Amy Olsen who took some terrific still-shots this summer.

Now it's time to *really* take a walk down memory lane. On the following pages, we've assembled team photographs all the way back to 1999 when the Makos were formed. Special thanks to Nancy Lund, Kim Sargent and Karen Gambarani - all longtime Mako fans – who put together this set. How many current and former Makos can you name?